



# Coastwide Low Impact Physical Activity Classes



A timetable of low impact activity classes available on the West Coast

## Westport & Northern Buller

<b>Tai Chi</b>	Catholic Church Hall Brougham St	Thursday 10am	Sylvia James 789 9755
<b>Tai Chi</b>	North School Hall	Monday 7.15 - 8.15 pm	Ian Rodger 027 376 6961
<b>Tai Chi</b>	RSA Community Room, Karamea	Wednesday 10am	Kathryn Fagan 7826182
<b>Yoga ***</b>	37 Peel St	Friday 11am	789 6000
<b>Yoga ***</b>	Ngakawau Hall	Thursday 5.30 - 6.30pm	Leslie Towart 782 8993
<b>Sit n Be Fit</b>	Phelan Hall	Monday 10am	Annette Joseph 789 8342
<b>SFit/Recovery</b>	Solid Energy Centre Pool	Monday through Thursday 9 - 9.45am	789 8316
<b>Heart Club</b>	Buller Health Training Room	Wednesday 10 - 11.30am	Margaret Reedy 789 8173
<b>Older &amp; Bolder</b> Social outings with activity	Various	Various	Buller REAP 789 7659
<b>Balance Class +</b>	Buller Physio	Wednesday 1pm	Sally Patterson 788 9241

## Reefton & Grey Valley

<b>Tai Chi</b>	Black Room Reefton Hospital	Thursday 10am; Alternate Tuesdays 10am	Marie Morgan 732 7058
<b>Tai Chi</b>	Workingmen's Club	Tuesday 11am	Marie Morgan 732 7058

## Cobden & Runanga

<b>Tai Chi</b>	Cobden Fire Station	Wednesday 10.30am	Trevor McGrath 768 7864
<b>Tai Chi</b>	Workingmen's Club Runanga	Wednesday 10.15am	Kii Dench 021 167 0538
<b>Nuline Dance</b>	Cobden School Hall	Thursday 5 - 6pm	Trish Nickerson 762 6528
<b>Line Dancing</b>	Cobden School Hall	Monday 1pm	Ellen Morton River Line Dancers

\*\*\* These classes would be for the more able older person.

+ Referral is essential for these classes

## Greymouth

<b>Tai Chi</b>	Grey Main School	Saturday 10am	Kii Dench 021 167 0538
<b>Tai Chi</b>	Grey Main School	Tuesday 7pm	Jack Flood 768 6493
<b>Tai Chi</b>	Uniting Church	Tuesday 10.30am	Rosie McGrath 768 1160 ext 716
<b>Walking Group (advanced level) ***</b>	Uniting Church	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday 9.30am	Graeme Schaef 768 7437
<b>Cardiac Club</b>	Trinity Church Hall	2 <sup>nd</sup> & 4 <sup>th</sup> Monday 10am	Val 768 0958
<b>Aquadeep ***</b>	Westland Recreation Centre	Monday 5.30pm; Tuesday & Friday 10am	768 9076
<b>Balance Class +</b>	Physio Dept Grey Base Hospital	Wednesday 11am	Margot Van Mulligan 769 7400 ext 2716
<b>Stroke Support Group +</b>	Aquatic Centre	Wednesday & Friday 11-12pm	Nikki Shaw 762 7577
<b>Around 50 ***</b>	Westland Recreation Centre	Monday 10.30am	768 9076
<b>Body Balance</b>	Westland Recreation Centre	Tuesday 9.15am; Friday 6am	768 9076
<b>Essentrics: Relax Restore Rebalance</b>	Westland Recreation Centre	Thursday 10 am - 11 am	Esther Renton essentricswestcoast@gmail.com or 027 3800813
<b>Tai Chi</b>	Band Rooms, Blaketown	Friday 10.30am	Kii Dench 021 167 0538 Cancer Society 768 9557
<b>Dazana Fusion Tribal Belly Dance</b>	Uniting Church	Monday 6 - 7pm	Joy Aiton 021 569 252

## Hokitika

<b>Angie's Senior Fit -Aqua Exercise</b>	Centennial Pool	Monday, Tuesday, Thursday 9am; Wednesday 6-15pm	755 8119
<b>Aqua Zumba</b>	Centennial Pool	Wednesday 6pm	755 8119
<b>Light-paced aerobics</b>	Bodyworx Gym	Monday 1pm	755 8151
<b>Senior Circuit</b>	Bodyworx Gym	Monday, Wednesday, Friday 10.30 - 11.30	755 8151
<b>Senior's Exercise group</b>	Senior Citizens	Tuesday 11 - 11.30am	Sally Richardson 755 6772
<b>Tai Chi</b>	Church of Christ Hall	Monday 12 - 1pm	Waikohatu Scott 027 650 0777
<b>Balance Class +</b>	Hokitika Health Centre	Monday & Thursday 10.30am	Eileen Jones 756 9700 ext 7703

## South Westland

<b>Group Exercise sessions</b>	Upstairs Ross Squash club rooms In Summer at the Ross Pool	Friday 11am	Eileen Jones 755 4010
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# What's involved in the classes?

## **Tai Chi**

Modified Tai Chi classes involve a series of slow, fluid, gentle movements that improve fitness, mobility, flexibility and balance. Participants learn how to feel more relaxed and positive.

## **Yoga**

Relax and unwind in this yoga class suited to you. Slow, stretching positions are modified to suit each individual. Yoga has been shown to help quality of sleep, diabetes, hypertension, arthritis, general mood and more.

## **Sit 'n' be fit**

A class where exercises are designed to be done in a seated position but can also be done standing as your fitness increases.

## **Lite Circuit Class**

For those that like variety. This light circuit class involves short intervals on various equipment to work your entire body.

## **Walking Group (advanced level)**

Join us for a moderately challenging walk that will get you out and about.

## **Heart Club**

A class to help your heart. Instructors will provide you with a 40minute cardio-based workout to help keep that ticker ticking!

## **Aqua Zumba\*\*\***

For those that enjoy dancing this class will get you grooving in chest-high water.

## **Older and bolder**

Similar to the walking group, get out and about with a great social group of people that will slip your exercise in without even noticing. Time and location varies dependent on the activity.

## **Light-paced Aerobics**

Head along to Bodyworx gym for a fun and lower impact cardio aerobics class. This is a light paced exercise to music class. Fun and energizing! This class incorporates strength work, coordination and balance elements.

## **Cardiac club**

A class specifically for heart attack survivors to help manage their heart condition. A gentle 30min exercise programme that features a monthly guest speaker, resource library and cardiac rehabilitation nurse visits, peer group support, and cup of tea and chat with other survivors/carers.

## **Aqua Aerobics / Senior Fit Aqua Exercise / Aqua jogging**

Stand or float in the water for a workout that hardly feels like work. The weightless nature of this class makes it more fun and the most low impact class available.

## **Stroke Support Group**

Taking place in our smaller, soft-floored pool, this class is designed to assist and increase mobility for those that have suffered a stroke.

## **Around 50s \*\*\***

A gentle workout designed for the mature participant. Low impact.

## **Balance +**

An individually tailored strength and balance retraining programme.

## **SFit/Recovery**

Low to medium intensity pool-based class focussing on flexibility and strength for the whole body. Designed for seniors and those recovering from injury.

## **Essentrics Relax Restore Rebalance**

Aimed at regaining mobility while slowly building strength and reawakening the power of your 650 muscles, This gentle, slow-temp class is designed for those who have atrophy-related stiffness, frozen shoulder, chronic aches and pains, or who are beginning to exercise after a long sedentary period.

## **Around 50**

Low to medium impact class, designed for mature participants

## **Body Balance**

Yoga, Tai Chi and Pilates inspired workout that will leave you feeling centred and calm

## **Nuline Dance**

A fun, low impact way to learn choreographed dance routines

## **Dazana Fusion Tribal Belly Dance**

Belly dance, Middle eastern, fusion and Tribal dance movements that improves flexibility and confidence. All ages and abilities welcome. (Bare middles are optional - costumes are large and comfortable ) Fun exercise that improves muscle tone range of motion and strength.

## **Aquadeep**

Aqua jogging in deep water with aqua-belts for bouyancy

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